For the nurse coordinator:

The 2014 – 15 year is now under way and it is time to start planning some fun ways to incorporate wellness into our lives. If you can e-mail this message to all the middle school nurses so they can have this as a resource the OAT team would appreciate it. Please have them display it for the seventh grade students to see it.

For the middle school nurses:

The Obesity Action Team, under the Montgomery County Health Alliance, would like to provide you with physical activity resources to support National Childhood Awareness Month in September. Here in Montgomery County, we have not escaped the epidemic of childhood obesity, with the rate continuing to rise with just 30% of youth either obese or at risk for obesity. Physical activity participation has been declining over the last decade. Currently, one in four households in Montgomery County report engaging in physical activity as a family. The resources include information on two programs in Montgomery County.

* All 7th grade students can receive a **FREE** membership to **ANY** YMCA in the county. The student must bring a school ID, report card or school roster to join. (A North Penn YMCA sample flyer has been attached).
* The Lansdale YMCA is offering a health intervention program, HIP Kids, which includes healthy eating and weight loss for kids aged 7- 13. For additional information please contact the “Y” at 215-368-1601. (See attached flyer)